



## Pennington Family Dentistry

*Creating generations of smiles since 1962*

**Bernard L.  
Hoffman, III, DDS**

*Implant & Restorative Dentistry*

**Ana Paula  
Hoffman, DDS, MSc, PhD**

*Cosmetic & Pediatric Dentistry*

### At Home Whitening Instructions

Now that you have your whitening trays you can touch up any time you like.

#### Comprehensive, One-Stop Care

- Complete implant dentistry
- Cosmetic dentistry (veneers, whitening)
- Restorative dentistry with dental crowns and dental bridges
- Sleep appliances to reduce or eliminate snoring and sleep apnea
- Preventive dentistry to help you keep your own teeth for life
- Pediatric dentistry focused on children age 3 and up
- Root canal therapy
- Invisalign®
- Nitrous oxide

#### Patient Comfort & Convenience

- Most insurances accepted and filed for you
- Flexible and no-interest payment plans, CareCredit®, autopay
- Visa, MasterCard, Discover accepted
- Conveniently located with ample free parking
- Office hours:  
Mon–Thu, 8am–7:30pm;  
Fri, 8am–5pm
- Appointments seen promptly, no waiting
- Same-day emergency appointments
- Morning, afternoon and evening appointments

When you want to do a treatment, floss your teeth then brush. Place a pin head size drop of whitening gel in each tooth, insert the trays and wear for 15 minutes. If any excess gel comes out of the tray onto your tissue remove with a Q-tip or tissue. The gel can cause sensitivity to your tissue if left there.

When finished remove trays and rinse with water to remove excess gel. You can brush the trays with a wet toothbrush to keep them clean. Keep trays in the case in a safe place and keep the whitening gel in a cool dry place.

**Whitening gel refills are always available at the office for a fee of \$85**

If you have any questions please call the office at **609.737.0006**

117 Washington Crossing-Pennington Road Pennington, NJ 08534  
Call: 609.737.0006 • Visit: [PenningtonFamilyDentistry.com](http://PenningtonFamilyDentistry.com)